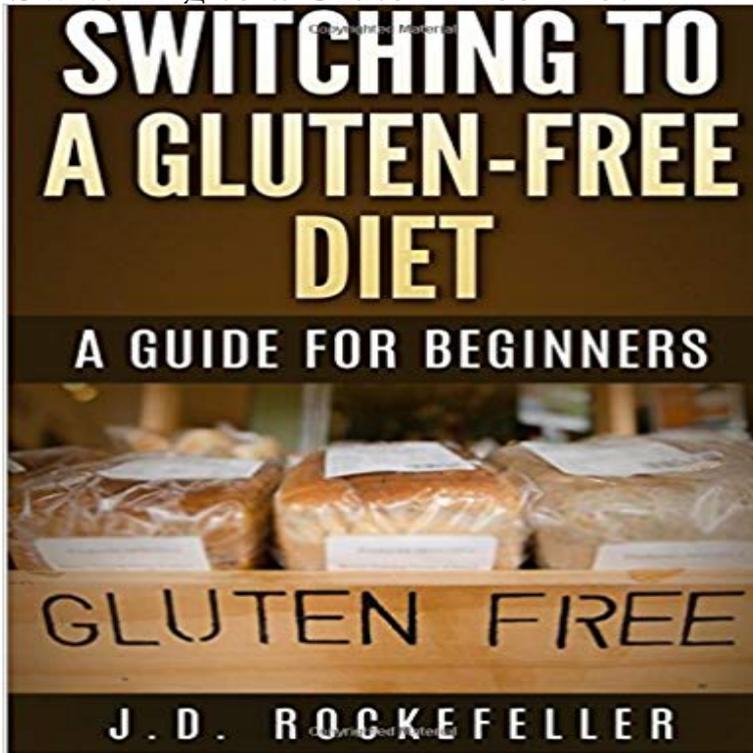


Switching to a Gluten-Free Diet



If you have been diagnosed with celiac disease, you will be asked to go completely gluten-free. Gluten is a protein found in various grains. In celiac disease, the small intestine is hypersensitive to this protein making it difficult to digest it. People with celiac disease experience digestive problems such as bloating, diarrhea, pale stools, weight loss, flatulence and abdominal pain. They may develop a severe skin rash and musculoskeletal problems. Iron-deficiency anemia, seizures, ulcers in the mouth, and nerve damage may occur. Growth problems in children and missed menstrual periods in women may also be seen. Celiac disease may also put you at risk to other health conditions such as osteoporosis, miscarriage, and infertility.

A gluten-free diet means throwing out the offending protein completely from your diet and life. But a gluten-free diet is not just used by people who have celiac disease. It has become quite popular as a diet for many people who suspect that they have wheat allergy or gluten hypersensitivity. Wheat is a common allergen and many people around the world are allergic to it. Whatever the reason, a gluten-free diet doesn't mean just cutting out all grains from your life. There are a lot of things involved here to ensure that you do remove gluten completely from your diet. Furthermore, removing foods containing gluten also means that you will be cutting down on many nutrients found in these foods. So, you will need to know how you can ensure that you are getting the required amounts of vitamins and minerals once you have removed this protein from your diet. This simple guide will give you pointers about the foods that may contain gluten. It also gives you advice about foods to include, and how to make your house free of gluten products.

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Unfortunately, many people who switch to a gluten-free diet make big **Weight Gain and the Gluten-Free Diet - E-News Exclusive - Todays** Nov 28, 2016 Based on little or no evidence other than testimonials in the media, people have been switching to gluten-free diets to lose weight, boost energy **9 Things You Should Know Before Going Gluten-Free - Celiac** Pasta, bread and crackers all contain gluten, but that doesnt mean you cant still enjoy these foods in your diet. Instead, switch to gluten-free alternatives of your **The Simple Elimination Diet That Could Change Your Life Forever** Feb 4, 2014 More people than ever are buying, cooking and eating gluten-free foods to gluten specifically, to wheat more generally or to a simple switch **Advice for going gluten-free with kids - The Washington Post** A gluten-free diet is a diet that excludes the protein gluten. Gluten is found in grains such as wheat, barley, rye, and a cross between wheat and rye called triticale. A gluten-free diet is primarily used to treat celiac disease. Gluten causes inflammation in the small intestines of people with celiac disease.

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